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IN MEMORY OF THOMAS JOHN
JANIS, AN AMERICAN HERO

HON. TERRY EVERETT

OF ALABAMA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, February 26, 2003

Mr. EVERETT. Mr. Speaker, I rise this afternoon to honor the career and the ultimate sacrifice made by my constituent, Thomas John Janis, who was killed near Florencia, Colombia on February 13th, while serving to defend his country in the war on narco-terrorism.

Thomas Janis, a native of Chicago, Illinois, was born on November 23, 1946. Tom's distinguished military career began in 1966 when he entered the Army and served as a military policeman. While serving in Korea, Tom became interested in Army Aviation, and by 1969, he graduated from the Warrant Flight Officer Program.

Tom Janis' tours of duty included serving in Vietnam, Panama, Germany, and several installations in the United States in aviation billets. Tom was an accomplished aviator with over 12,000 flight hours and had several assignments as an Instructor Pilot. After 32 years in active service to the country, Tom Janis retired as a Chief Warrant Officer 5 with numerous decorations for valor and service to his credit, including the Bronze Star, four Meritorious Service Medals, an Air Medal with valor, and numerous other commendations.

After leaving the U.S. military, Tom continued his service as a pilot contributing to our nation's drug interdiction and counter-terrorism efforts in South America. On February 13, Tom was piloting a Cessna Caravan on a counternarcotics mission over southern Colombia. His aircraft experienced engine failure, yet he skillfully brought it to the ground without loss of life of any brave men on board his aircraft. Tragically, the crash site was in the center of a zone controlled by FARC narco-terrorists. While seeking to reach a safe area, Tom and a Colombian military colleague were deliberately killed by FARC narco-terrorists. Tom's murder will not go unpunished and his sacrifice will not be forgotten. Appropriately, Tom was buried with full military honors earlier this week at Arlington National Cemetery.

Tom married his hometown sweetheart, Judith G. Gibaszek. As Tom's career progressed, the Janises raised four children—Christopher, Greer, Michael, and Jonathan. Tom's legacy of service lives on as two of his children are also Servicemen—Christopher is an Army Aviator, and Michael is in the Army Reserves. We all grieve Tom's loss and the entire Janis family will be in our prayers through these difficult days. Tom was one of Alabama's best and we shall truly miss him.

WOMEN AND HEART DISEASE

HON. MARSHA BLACKBURN

OF TENNESSEE

IN THE HOUSE OF REPRESENTATIVES

Wednesday, February 26, 2003

Mrs. BLACKBURN. Mr. Speaker, February is American Heart Month, which attempts to educate people on the dangers of heart disease and other heart related medical problems. It is in recognition of this important issue and the way in which it affects women that I come to the floor to speak today.

One in two American women will eventually die of heart disease or stroke. One in Two! This is compared with one in twenty-seven who will die of breast cancer. This is a stark and alarming fact that most women have not heard. For my state, that means that every year around 11,500 women in Tennessee die from causes brought on by Heart Disease.

But there are things that women can do to decrease their risk. The first of these is to stop smoking, which is the single greatest risk factor for a heart attack in women. Check your cholesterol level and blood pressure. High blood pressure makes the heart work harder, causing it to enlarge and weaken over time. High blood pressure also increases the risk of stroke, heart attack, kidney failure and congestive heart failure.

In addition, try to get out and exercise. Even modest levels of low-intensity physical activity are beneficial if done regularly and long term. Making exercise a priority is hard for today's busy women, but the rewards are great.

Obesity also puts women at risk for heart disease, even if other risk factors do not exist. This is because excess weight strains the heart and raises blood pressure and cholesterol levels. Even losing ten or more pounds will help lower your risk for heart disease as well as many other health problems.

I urge women to get regularly scheduled check ups and to recognize the signs of heart disease. Take advantage of American Heart Month and visit a health fair in your community. These fairs provide an opportunity to have your cholesterol, glucose and blood pressure checked. In addition, you can get information from specialists on various health related issues such as fitness, heart healthy diets and much more.

Whatever you do, please take the time to visit a health care specialist and find out how you can keep yourself and your family healthy and safe from heart disease.

RECOGNITION OF MATTHEW ALAN VANECEK

HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Wednesday, February 26, 2003

Mr. GRAVES. Mr. Speaker, I proudly pause to recognize Matthew Alan Vanecek, a very special young man who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Boy Scouts of America, Troop 314, and in earning the most prestigious award of Eagle Scout.

Matthew has been very active with his troop, participating in summer camp at H. Roe Bartle Scout Reservation and earning the

Brave in the tribe of Mic-O-Say. During the nine years he has been involved in scouting, he has earned 57 merit badges and is brotherhood member of the Order of the Arrow. Matthew also has been honored for his numerous scouting achievements by earning the Bear Claw Award, the God and Me Award, the God and Family Award and the Arrow of Light Award.

For his Eagle Scout project, Matthew planned and built a wooden swing set for the Salvation Army Community Center. The set is built so that it could be moved to other locations if necessary.

Mr. Speaker, I proudly ask you to join me in commending Matthew Alan Vanecek for his accomplishments with the Boy Scouts of America and for his efforts put forth in achieving the highest distinction of Eagle Scout.

PERSONAL EXPLANATION

HON. JIM McDERMOTT

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

Wednesday, February 26, 2003

Mr. McDERMOTT. Mr. Speaker, I was unable to vote on yesterday's suspension bills. Had I been capable of voting, I would have voted in support of:

H.R. 46—Honoring the life of Al Hirschfeld.

H.R. 40—Permitting the use of the rotunda of the Capital for a ceremony in remembrance of victims of the Holocaust.

CONGRATULATING THE GREATER COLUMBUS ARTS COUNCIL'S CHILDREN OF THE FUTURE PROGRAM

HON. PATRICK J. TIBERI

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Wednesday, February 26, 2003

Mr. TIBERI. Mr. Speaker, I rise today to recognize and congratulate the Greater Columbus Arts Council's Children of the Future Program.

Children of the Future, a nationally recognized AmeriCorps after-school program, provides constructive, positive alternatives to delinquency in the higher-risk neighborhoods of Columbus, Ohio. It has effectively reduced crime by creating physical and social safe havens for approximately 3,500 Columbus children.

On January 24, 2003, Children of the Future was honored by the Americans for the Arts and the United States Conference of Mayors with the "2003 Award for Excellence in Arts Programs for Youth." This prestigious, national award recognizes the emphasis this arts-based program has placed on the development of life-long skills including: critical thinking, constructive communication and conflict resolution.

I congratulate the Greater Columbus Arts Council's Children of the Future Program for its many accomplishments and outstanding service. This program is truly an asset to the people of Central Ohio.